Obesity in children has become more popular and global issue. Today we can see the number of obesity in children is increasing and they are facing to many health problems. This essay will show the dangerous and some solutions of obesity in children.   
  
There are many problems and diseases cussed by obesity. Obesity in children can affect their self by serious diseases such as asthma, liver disease and high level of cholesterol. Overweight children suffer from high blood pressure which may lead to heart diseases. Fast-food is the main cause of obesity because it has a lot of oil and sugar. It will effect to children and will get diabetes. The obese children will not do lots of exercises this thing can lead to Laziness and inactivity.